

Construction Safety Video, Quiz & Training Session Recommendations/Suggestions:

Give the quiz to the students prior to the viewing of the video. Allow students to read and formulate themselves with the test questions. The questions came directly from the video, and they are designed to be challenging. However, if the students have the quiz in their position and are familiar with the test questions prior to viewing the video, they will be encouraged to pay attention to obtain the answers to the test questions.

The Video has eight components. You may watch the video in its entirety or watch different sections at a time. We recommend watching the first four sections, taking the appropriate quiz then watch the next four sections and take the final portions of the quiz. This can be done on two separate days or on the same day with a break after the quiz.

Allow time for discussion of the quiz answers. There may be situations or answers to some of the questions that the video did not discuss. The students may have experienced similar situations and through their practical experience discovered other ways to work safely. This will promote positive communication, student feedback and give students the feeling that they are taking an active role in their safety.

Allow time for discussion during practical/performance sections of quiz. Let other students critique other students' performance. Stress the importance of team work in safety and not to cut corners. A safety device is only as good as the person that uses it.

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Construction Safety Quiz Part I
Fall Protection.

What are the “A, B, C, D, E’s” of Fall Arrest?

What is the height requirement for a work area when fall protection is required?

How much weight must an “Anchor Point” for lifelines, lanyards and deceleration devices hold?

What are connectors and why is it important for a worker to inspect them before each use?

Where is it “NOT” permissible to hook your fall protection lanyard?

When putting on your fall protection full body harness, where should the dorsal “D-Ring” be located?

When putting on your fall protection full body harness, where should the “Chest Strap” be located?

(True/False) When providing fall protection to a worker, employers have the option to install guard rails or place workers in full body fall protection devices.

How much weight are guard rails required to withstand?

(True/False) Guard Rails must be installed at 42 inches in height with mid rails $\frac{1}{2}$ the distance to the working walking surface and toe boards must be at least 4 inches in height.

Extra Credit:

(True/False) “Wire Rope” rails must be tightened to only allow 3 inches of downward or outward pressure/movement and require flagging every 6 feet of length to aid in visibility.

Practical Activity:

Have each worker put on their full body harness fall protection. Make sure all straps and fasteners are secure and in the correct location.

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Construction Safety Quiz Part II

Scaffolding

(True/False) Scaffolding is a temporary work platform and requires the supervision of a “Competent” person must be designed by a “Qualified” person. All persons working on scaffolding are required to have training so they are alerted to the hazards associated with scaffolding and how to recognize dangers.

(True/False) Scaffolding must be 10 feet or more from un-insolated electrical lines.

When is it permissible to secure scaffolding with loose items like barrels, blocks, boxes or concrete blocks?

Does scaffolding have to be equipped with guard rails, mid rails and toe boards?

When and who must inspect scaffolding and does this information have to be documented?

How much time do you have before you make repairs to damaged/worn out portions of scaffolding?

What type of material may be used to cover the platform area of scaffolding?

Who has the authority to supervise the erection, movement, dismantlement or alteration of scaffolding equipment?

(True/False) Scaffolding must be sound, rigid and be able to carry its own weight plus 4 times the maximum intended load.

(True/False) Scaffolding must be built on a suitable surface with base plates and if settling could occur “Mud Seals” must be used.

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Construction Safety Quiz part III

Heavy Machinery

Why are “Pinch Points” of concern when working around heavy machinery and what are the hazards associated with them?

What are some of the things you can do to avoid being struck by a piece of moving equipment or machinery?

What steps should be used if a person on the ground wants to talk to a person who is operating a piece of heavy machinery?

List some of the items on a piece of machinery, which should be checked and inspected, which allow equipment operators to better see a person standing, working or walking near their work area.

List some of the warning devices on a piece of machinery, which should be checked and inspected, that will alert person standing/working near the device of the intentions of the equipment operator.

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Construction Safety Quiz Part IV

Electricity

What is the definition of “High Voltage?”

What is the definition of “Low Voltage?”

What does GFCI stand for and how does it work?

(True/False) A GFCI is designed and put in place to protect equipment.

(True/False) A circuit breaker is designed and put in place to protect people.

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Construction Safety Quiz Part V

Excavations

What are some of the underground utilities/hazards workers may encounter during excavations?

What is the “One Call Center” and what is it used for?

What are some of the ways to avoid coming in contact with underground utilities?

At what depth are you required to use some form of protective measures to ensure workers safety?

(True/False) OSHA/HIOSH requires a “Competent” person to classify soil and to determine what type of protective system is required for that particular soil type.

List some of the ways workers can be protected while working in a trench/excavation.

(True/False) Any excavation of 20 feet or deeper requires a professional engineer to design a protective system to protect workers.

Why is it good/safe work practice to keep soil piles at least 2 feet away from excavation/trenches?

(True/False) You must use ladders in an excavation/trench any time you are 4 feet or deeper and the ladders must be spaced every 25 feet of lateral distance of the excavation/trench.

Excavations/trenches must be inspected daily by a competent person. What are some of the things that could change/affect the conditions/hazards of the excavation/trench area?

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Construction Safety Quiz Part VI

Chemicals

(True/False) There should be a Materials Safety Data Sheet (MSDS) for each chemical on the job site.

Why should you follow the manufactures MSDS instructions for the safe handling, storage and use of hazardous materials?

(True/False) Employees should be trained on how to read and use the MSDS and material warning labels along with the risks associated with each chemical.

(True/False) Employers should have a written spill control plan, provide employees with proper training on how to clean up spills and protect them selves while doing so. In addition, employers should train their employees on how to dispose of used chemicals and provide a spill cleanup kit and fire extinguisher in areas where chemicals are stored.

(True/False) Employers have to make safety information (MSDS) available for employees at all times in a language understood by all personnel.

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Construction Safety Quiz Part VII

Ladders

The proper base to height ratio of a ladder is 4 to 1. What does this mean and why is this important to your safety?

(True/False) Ladders are made for a specific type of use and rated to hold a particular maximum load or weight. On the side of the ladder you will find a label with information regarding the type of ladder, what it is to be used for, any warnings and the proper configuration.

Only type 1 or 1A ladders are permitted in construction. They are rated for 250 and 300 pounds. Why is this important and how could not using a ladder with the correct rating become a safety hazard?

Why is it a good idea to immediately mark a damaged ladder with “DO NOT USE” and take it out of service?

Why should you never use a metal ladder while performing electrical work or use a metal ladder around overhead power lines?

Why is it important to properly secure ladders and ensure that they are not located in front of doors or high traffic areas?

Why is it important for the information label on the ladders side rail to be easily read and understood by workers using the ladder?

Why is it important to check your ladder each day at the beginning of each shift?

Practical Activity:

Have workers demonstrate how to properly set up a ladder so that it has the correct 4 to 1 base to height ratio.

Bring a ladder into class (that you know is defective), have the workers point out the problems with the ladder and ask them to make the determination if the ladder is safe to use.

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Construction Safety Quiz Part VIII
Personal Protective Equipment and General Safety

On a construction site when it is acceptable to use sun glasses instead of safety glasses with a Z87 ANZI rating?

List some of the PPE (Personal Protective Equipment) item used on your job site.

Why is good hygiene important when using disposable ear inserts?

(True/False) With Hard Hats, only the outside shell is important when providing protection for the worker.

Why is an employee's attitude important to his/her safety?

How does proper house keeping important to the safety of a work site?

Why is it always important for workers to be aware of his/her surroundings?

Why is it a good idea and a good work practice to watch out for the other workers on your job site?

Why is it a good idea for managers to get involved with the safety program of the company?

Why is it better for employers to explain to their employees why they are wearing PPE and not just tell them to wear it?

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